

Roles and Responsibilities for the Athletic Healthcare Services at NSAA High School Championships

Purpose: To help establish roles and responsibilities of all parties involved with the delivery of athletic health care services at NSAA Championships; to identify what services are to be provided, and who is responsible for providing them; assure the availability of specific athletic training, first-aid, and medical supplies, as well as equipment are acceptable; to assure good communication among all parties at the NSAA High School Championships. Those parties involved include the following:

Ambulance Service & Emergency Medical Technicians
Facility Venue Coordinator
Nebraska School Activities Association
Nebraska State Athletic Trainers Association
Assigned Athletic Trainers
Assigned Medical Physician

I. EMT & Ambulance Services

1. EMS Unit and EMT staff should report to the designated Athletic Training area or room upon their arrival and introduce themselves to NSAA Tournament Director and the medical staff, which includes the Medical Physician (where assigned) and Athletic Training Staff prior to the start of competition.
2. Following the conclusion of competition, EMT's should report to the designated Athletic Training area or room prior to their departure, and determine if any further needs from the team or medical personnel are requested.
3. The EMT staff should indicate where they will station themselves throughout the duration of competition. Such location is to be within visual sight of medical staff to facilitate immediate response to and communication with medical staff.
4. The availability of a spine board, stretcher, vacuum splints, and AED will be provided by the EMT staff and ambulance service, and will be accessible from within the immediate competition area or sideline during competition.
5. Services to be provided by EMS/EMT will be at the request of the medical staff.

II. Facility/University Venue

1. It will be understood by medical staff that Facility/University/High School supplies or equipment will not be available for use, except those items designated for use (Sec. III, 2, a-c).

2. A facility event staff, if not, then a person designated by NSAA, will be available at the onset of the Championships to provide direction to help address requests and facilitate Athletic Training Staff in securing the availability and access to designated supplies and equipment.

III. NSAA

1. NSAA will schedule medical physicians for Lincoln championship venues and will provide NSATA a list of assigned physicians for each venue.
 2. The NSAA will coordinate with facility venue coordinators for each championship venue the following designated supplies and equipment deemed essential:
 - a. a designated Athletic Training Area or Room, equipped with an exam table(s), a 6'-8' folding table and several chairs, and taping cabinet;
 - b. sufficient availability of ice and ice machine, (140 -250 lbs. per venue);
 - c. sufficient water coolers for locker rooms and competition area, and an ice cooler for the competition area or sidelines.
 - d. *NSAA Football Championships - Athletic Training Area Set-Up*
 - Each Locker Room Area
 - 2 – Treatment/Examination Tables
 - 1 – Taping Cabinet
 - 1 – Folding Table
 - set-up for sports medicine supplies, equipment, water/Gatorade cups, kits
 - Folding Chairs
 - 1 - Garbage Can
 - Athletic Training Area
 - 4 - 6 or 10 gal. Water Coolers (one per sideline and one per locker room)
 - 2 - Ice Chests (one per sideline)
 - Ice - 250 lbs. (~20 lbs. per team)
 - Water outlet (Home Team locker room)
 - 1- Garbage Can
 - Folding Chairs
3. Should the facility venue be unable to secure any essential supply or equipment item, the NSAA will assure a reasonable alternative for acquiring the items.
4. The NSAA will inform each competing team of the availability of the following services:
 - Medical Physician
 - Athletic Trainers
 - Ambulance & EMT's (when scheduled)
 - Access to designated Athletic Training Area/Room
 - Sideline & Locker Room Set-Up
 - Emergency Medical Equipment
5. The NSAA will inform and recommend to each participating team to provide for

themselves the following items:

- Fully Stocked First-Aid & Training Kit
- All taping supplies
- Sideline Water Bottles
- Crutches

6. The NSAA will make available all necessary passes, materials, and instructions for dissemination to the assigned Athletic trainers not less than 2 weeks prior to the championship venue. NSAA will disseminate all materials should they not be available to NSATA with the 2 week period.

IV. NSATA

1. NSATA will be responsible for scheduling Licensed Athletic Trainers, and Athletic Training Students (WR), and will provide NSAA a list of assigned workers for each championship venue at least 3 weeks prior to the scheduled championship.
2. All assigned athletic trainers will present with a well-stocked athletic training kit. A fully stocked Suturing & Aspiration Kit will be available for use by the physician at the Football and Wrestling Championships, usually provided by the corporate sports medicine underwriter sponsor.
3. NSATA will disseminate all necessary NSAA materials to assigned athletic trainers at least 1 week prior to a NSAA Championship, provided the NSAA is able to make all materials available at least 2 weeks in advance of the championship venue.

V. Athletic Training Staff Responsibilities

1. The assigned athletic trainer has responsibility for coordinating the delivery of designated athletic healthcare services, and all athletic training services provided each team and participant, such that the assigned athletic trainer shall be able to utilize and display the specialized skills and training of a licensed healthcare professional, which includes evaluating, assessing, and rendering care to athletic injuries, and having the full capacity of determining need for medical care.
2. Upon arrival, the athletic trainer is to introduce themselves to each team's coaches and athletic training-medical staff, as well as the NSAA Tournament Director and Tournament Physician. The athletic trainer is also to check with each team at half-time and after the end of competition for any needs they may have prior to their departure.
3. To ensure consistent availability of supplies and services at championship events, each assigned Athletic Trainer will have available for use *if needed*, items listed below on the basic Supplies/Kit Inventory. Assigned Staff are to bring a well-stocked kit to utilize any items necessary in case of urgencies, whether it is a supply item or emergency equipment.

Staff will be reimbursed for any substantial supplies used by indicating so on the attached list and submitting to the NSATA. Though athletes and teams are responsible for supplying their own tape and first-aid supplies, athletic trainers will offer whatever assistance that may be requested of them.

4. Athletic Injury Documentation. Documenting injury reports are required for the following athletic injuries/conditions: a) any athletic injury/condition that causes an athlete's failure to resume competition, b) any athletic injury/condition that requires an athlete to necessitate physician's care on-site or at an emergency room. Injury Reports are provided by NSATA for printing; substitution of a similar form is acceptable. All injury reports need to be complete and returned to the NSATA coordinator with other information requested.



Supplies & Athletic Trainer Kit Inventory
Minimum Standards of Care Guidelines
NSAA Championships

Qty. Used	Expendible Supplies	Qty. Used	Durable Items
<input type="checkbox"/>	ABD Pad, (Surgi-pad)	<input type="checkbox"/>	Arm Sling
<input type="checkbox"/>	Alcohol Prep Pads	<input type="checkbox"/>	Athletic Injury Report Forms
<input type="checkbox"/>	Analgesic Balm, 5 oz.	<input type="checkbox"/>	Bite Stick
<input type="checkbox"/>	Bacitracin, 1oz.	<input type="checkbox"/>	Contact Lens Case
<input type="checkbox"/>	Bag, ice	<input type="checkbox"/>	CPR Mask
<input type="checkbox"/>	Band-Aid, strip	<input type="checkbox"/>	Eye Cup
<input type="checkbox"/>	Band-Aid, X-Ig.	<input type="checkbox"/>	Face Mask Cutter (FB)
<input type="checkbox"/>	Biohazard Bag	<input type="checkbox"/>	Forcep, splinter
<input type="checkbox"/>	Coban, 2" (Medi-rip)	<input type="checkbox"/>	Lighter, butane
<input type="checkbox"/>	Contact Lens Solution, soft	<input type="checkbox"/>	Mirror, pocket w/case
<input type="checkbox"/>	Cotton-Tip Applicators, 6" n/s	<input type="checkbox"/>	Neurological Hammer
<input type="checkbox"/>	Coverlets, 4-wing	<input type="checkbox"/>	Note Pad & Pen
<input type="checkbox"/>	Coverlets, knuckle	<input type="checkbox"/>	Penlight
<input type="checkbox"/>	Coverlets, Ig. digit	<input type="checkbox"/>	Safety Pins
<input type="checkbox"/>	Coverlets, sm. digit	<input type="checkbox"/>	Scissors, tape
<input type="checkbox"/>	Coverlets, spot/oval	<input type="checkbox"/>	Scissors, cuticle/iris
<input type="checkbox"/>	Elastic Wrap, 2"	<input type="checkbox"/>	Scissors, hvy. duty
<input type="checkbox"/>	Elastic Wrap, 3"	<input type="checkbox"/>	Sphygmomanometer
<input type="checkbox"/>	Elastic Wrap, 4"	<input type="checkbox"/>	Splint, Sam
<input type="checkbox"/>	Elastic Wrap, 6"	<input type="checkbox"/>	Stethoscope
<input type="checkbox"/>	Eye Wash/Irrigate, 4 oz	<input type="checkbox"/>	Thermometer, w/case
<input type="checkbox"/>	Flex-i-Wrap	<input type="checkbox"/>	Toe-Nail Clippers
<input type="checkbox"/>	Gauze roll, 3" Kling	<input type="checkbox"/>	Zip Cutter
<input type="checkbox"/>	Gauze, 3x3, n/s		
<input type="checkbox"/>	Germicidal Wipes		
<input type="checkbox"/>	Gloves, latex exam, lg.		
<input type="checkbox"/>	Heel & Lace pads		
<input type="checkbox"/>	Hydrogen Peroxide, 4 oz.		
<input type="checkbox"/>	Massage Lotion		
<input type="checkbox"/>	Moleskin		
<input type="checkbox"/>	Nasal Sponge		
<input type="checkbox"/>	Petroleum Jelly, 1 oz.		
<input type="checkbox"/>	Povidone Iodine Solution, 4 oz.		
<input type="checkbox"/>	Razor, disp.		
<input type="checkbox"/>	Steri-Strips, 1/4"		
<input type="checkbox"/>	Tape Adherent, spray		
<input type="checkbox"/>	Tape, elastic 1"		
<input type="checkbox"/>	Tape, elastic 2"		
<input type="checkbox"/>	Tape, elastic 3"		
<input type="checkbox"/>	Tape, Micorpor 1"		
<input type="checkbox"/>	Tape, Pre-Wrap		
<input type="checkbox"/>	Tape, white 1/2"		
<input type="checkbox"/>	Tape, white 1"		
<input type="checkbox"/>	Tape, white, 1 1/2"		
<input type="checkbox"/>	Telfa-Pads, 3 x 4		
<input type="checkbox"/>	Tongue Depressors		

Please indicate the quantities of all items you utilized.

Please indicate which substantial items you want reimbursed.

~ denotes negligible use

4. Sport-Specific Guidelines

A. Football Championships

1. The Nebraska State Athletic Trainers Association (NSATA) will arrange to staff one Licensed Athletic Trainer with each Team throughout pre-game, game, and post-game activities. Athletic Trainers are to be as accommodating as possible and available to offer whatever support or assistance that may be request of them, including assistance with pre- game taping and preparation of players.
2. **Dr. Dennis Connolly, MD** will be on either sideline, and an **EMS Unit** will be stationed in **South Stadium** throughout the duration of all games.
3. **Locker Rooms & Treatment/Taping** There are separate taping/treatment areas for each team. The Home Team will locker in the southeast end of the East Stadium; the Visiting team will locker in what is now the UNL Visiting Team locker room in South Stadium. Several treatment tables and a taping station should be available next to each locker room area. No modalities are available.
4. Water coolers, ice chests, and ice will be available for each sideline and locker room area. These items will be accessed from the taping area located next to the Home Locker Room in the East Stadium. Gatorade is to be mixed for half-time in each locker room. The Athletic Training Staff are fully responsible to maintain these items throughout the Championship.
5. ***The Athletic Trainers are to set-up a water station in each locker room and again at Half-Time (Gatorade).*** In addition to an Athletic Trainer on each sideline, the Athletic Training Staff is to have available and maintain throughout the game the following items and equipment. Inform each team and training staff of the availability of these items.

<u>Each Sideline:</u>	<u>East Stadium Sideline</u> (obtained from EMS)	
1 - Water Cooler, 10 gal.	Stretcher	AED
1 - Cooler with ice and ice bags	Spine Board	Vacuum Splints

<u>Each Locker Room</u>
1 - Water Cooler, 5 gal.
100 - 8 oz. Cold Cups
1 - Sports Drink Cooler, 6 gal. for half-time
Half-Time: Set-up water/Gatorade station (50-75 water cups)
Ice bags as needed.
6. Athletic Training Staff is to provide sideline assistance with athletic injuries during the game *if requested*. It's helpful to communicate with the Teams' coaches and Athletic Training/Medical Staff prior to the start of the game as to attending to athletes on the field, or on the sideline once team personnel have initially attended to the athlete.

7. The NSAA has already recommended that each team provide for themselves:
First-Aid & Training Kit, fully-stocked
All taping supplies, braces, special padding, etc.
Crutches
Sideline Cups and Water Bottles
8. Assure all needs for each team and all athletes have been attended to prior to departing. Leave the locker areas & taping areas clean and organized, returning all items to their original location.

B. Volleyball

1. Due to the rally scoring format, the athletic trainer may need to prepare for longer playing sessions. Additional time has been incorporated between matches and sessions.
2. The athletic trainer should try to be as accommodating as possible and available to offer whatever support or assistance a team may request of them. Please offer your assistance for pre-game taping and preparation of players, and check with each team after each match.
3. Water coolers, ice chests, and ice should be available for each sideline. The Athletic Training Staff should help NSAA Floor Managers maintain these items throughout the tournament, and take full responsibility for any Gatorade product when provided.
4. The designated athletic training area and availability of training rooms held at high schools venues or UNL are specific to each venue. As always, training room supplies at these sites are not available under any circumstance.
5. The Athletic Training Staff is to provide assistance with athletic injuries during the match *upon request*. It's helpful to communicate with the teams' coaches, Athletic Training/Medical Staff prior to the start of the match as to attending to athletes on the court or on the bench. EMS *will not* be available at any VB venue, except for events held at UNL sites on campus (Coliseum, Devaney, and Memorial Stadium).
6. Insure all needs for each team and all athletes have been attended to prior to your departure. Help return all equipment items used to their original location, leaving the designated training area/room clean and organized.
7. Document all injuries that meet the criteria noted on the letter, and note any supplies provided. Return the requested information immediately following the tournament.

C. Tennis

1. Water coolers should be available for each set of courts at all competition sites, particularly championship events held in May, or where there is an elevated heat-index.
2. An ice chest and ice need to be available at the designated athletic training area at

each competition site.

VI. Physician

1. Upon arrival, the physician is to introduce themselves to the NSAA Tournament Director and the athletic training staff. Following the conclusion of competition, the physician is to report to the designated Athletic Training Area or room prior to departing, to determine if any further needs from the team or athletic training staff are requested.
2. Familiarize themselves with guidelines for Pre-Hospital Care of the Spine-Injured Athlete manuscript, particularly as it relates to on-field management & immediate care, equipment management, and immobilization & transportation discussed in the first 4 sections.
3. Familiarize themselves with guidelines for managing sports concussions, and current standards of care for return to participation, particularly the role that post-traumatic amnesia (retro/anterograde), loss of consciousness, and neuropsychological baseline testing scores play in managing concussions.
4. Be prepared to administer medical care for most conditions or injuries frequently occurring in athletic arenas, including lacerations requiring minor suturing; asthmatic, diabetic, and anaphylactic conditions, in addition to conditions related to dehydration or over exposure to or over exertion from the heat.
5. The physician will understand the responsibilities of the assigned athletic trainer, and the role they play in rendering care and coordinating the delivery of athletic health care services at the championship venues.
6. The physician should station themselves in close proximity to the teams and athletic training staff throughout the duration of competition. Such location is to be within visual sight of the athletic training staff to facilitate immediate responses and communication.
7. The physician is to document each and all encounters when attending to an injured athlete.